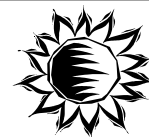


ELLINGTON RECREATION DEPARTMENT

2006 SUMMER PROGRAM FLIER

**Address:**

31 Arbor Way P.O. Box 187

Email: recreation@ellington-ct.gov**Office Hours :**

Monday 8:30 am-6 pm Friday 8:30 am-1:30 pm

Tuesday-Thursday 8:30 am-4:00 pm


Phone: (860) 870-3118**Fax:** (860) 870-3198

Registration Information: All Registrations are currently being accepted in the Recreation Office by computer entry. Please register in the office during regular office hours. Make checks payable to "Town of Ellington".

Payment: Registration is not considered valid until the program fee is paid in FULL. We accept checks and cash ONLY.

Non-Residents: Add \$5/program/participant.

SUMMER CAMPS

SPORT	WEEKS	TIME	AGES	FEE	LOCATION
MLS Soccer Camp	1) June 26-30 2) August 21-25	5-8pm	6 to 14	\$102.00 each \$170.00 for both	Brookside Park
Corkum Baseball Camp	June 26,27,28,29	9am-1pm	8 to 13	\$95.00	Brookside Park
Coed Youth Basketball in conjunction w/ CT Wave AAU Program	July 31, Aug 1,2,3,4	8:30am—2:30pm	8 to 14	\$175.00 \$10.00 discount for 2 or more	High School
Tennis Camp	1) June 26,27,28,29 2) July 10,11,12,13 3) July 24,25,26,27	9am-12:30noon	6 to 14	\$80.00 Per week	Brookside Park
Coed Youth Volleyball Camp	July 24,25,26,27	9:30-12:30pm	Grades 3-8	\$65.00	High School
Jukido Camp	1) July 11,12,13 2) July 25,26,27	9:30am-12:30pm	6-8 10-13	\$20.00	Middle School
Archery Camp Beginner Class	July 24,25,26,27,28	10am & 11am	8 to 14	\$50.00	Brookside Park
Multi-Sports Jamboree Camp	1) July 10,11,12,13 2) July 24,25,26,27	9am-11:30am 12noon-2:30pm	7 to 10 11 to 13	\$35.00	Middle School
Lacrosse Mini Camp	July 18,19,20	6pm-8pm	6 to 12	\$30.00	High School
Junior Golf Camps (Space limited & reservations required)	1) June 26-29 2) July 10-13 3) Aug. 7-10 4) Aug. 14-17	9am-3:30pm 4 day camps include Instruction & Play	9 - 13	\$225.00 	Ellington Golf Center

• **MLS Camps:** 2 sessions are scheduled under the guidance of the Major League Soccer Camp organization. Camp jersey & soccer ball provided (1 per person). Certified coaches are selected from the US and through International Soccer Federations. Family discount: \$5 off 2nd child, \$10 off 3rd. Bring shin guards, water bottle & sun block.

• **Corkum Baseball:** Chris Corkum's baseball camp has been a popular Summer Activity in the past...based on up-to-date instruction and experienced instructors. Chris Corkum offers a year-round baseball hitting school in Broad Brook and currently serves as the varsity baseball coach at East Windsor High School.

• **Coed Youth Basketball Camp:** Maximum enrollment is 90 campers. Open to non-residents after June 1. Qualified high school and AAU coaches will staff the camp, emphasizing skill instruction, age appropriate competition, and FUN!! Lunch will be provided each day.

• **Tennis Camps:** Level of play (youth or adult) is determined by the instructor. A separate program will be designed for Middle and High School students. Limited enrollment, first come, first serve. Bring your racquet.

• **Archery Camp:** Led by 11 time U.S. Eastern Regional Archery champion William Hall, the Sagittarian Archery School provides a hands-on experience for newcomers. Archery is a unique opportunity, especially for those children who tend to shy away from conventional team sports. Minimum enrollment is 6.

SUMMER CAMP 2006

Duration	Time	Cost
Full Day:	8:30am - 2:30pm	\$75 per child/per week (\$15 per day)
Part-Time:	8:30am - Noon	\$40 per child/per week (\$8 per day)
Before Camp Care:	7:30am - 8:30am	\$10 per child/per week (\$3 per day)
After Camp Care:	2:30am—4:30pm	\$35 per child/per week (\$7 per day)

Note: A reduction of \$10 per week (full day camper) for 2nd and 3rd children in same household

Pre-Registration is Mandatory!

REGISTRATION INFORMATION

- Registration Begins: Immediately
- Special Registration Day: **May 20 from 9 am-Noon**
- Minimum of 35 registrants required in order to proceed with a full day program
- After Camp Care, minimum of 12 registrants
- Walk-in or day to day enrollment and/or registration will only be accepted once the minimum number of 35 full-day campers has been reached.
- Register at the Recreation Department or download the registration form from our website: www.ellington-ct.gov; select "Town Services"; select "Parks & Recreation" and mail it to:

Ellington Recreation Department
ATTN: Day Camp
31 Arbor Way P.O. Box 187
Ellington, CT 06029



CAMP INFORMATION

Ages: 4-12 (4 as of 12/31/06)

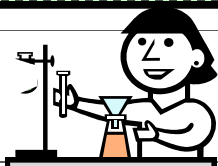
Location: Center School

Week Theme

- | | |
|--------------------|------------------|
| # 1: June 28-30 | 4th of July week |
| # 2: July 5-7 | Backyard week |
| # 3: July 10-14 | Olympic week |
| # 4: July 17-21 | Splash week |
| # 5: July 24-28 | Nature Day week |
| # 6: July 31-Aug 4 | Holiday week |
| # 7: August 7-11 | House Party week |
| # 8: August 14-18 | Talent Show |

Activities include X-mas in July, Water Balloon Waddle, Capture the Flag, Water Bucket Brigade, Obstacle Course, Annual Talent Show, Arts & Crafts, Sports, Mid-Week Movies, Pizza Parties, Jewelry Making, Outdoor Adventures, Relay Races, Play-Dough, Snacks, making new friends, Bus trips if interest warrants and much, more.

SPACE IS LIMITED, SO REGISTER TODAY! ~ For more information call the Recreation Department at 870-3118



MAD SCIENCE CAMPS of Western New England will offer a number of fun and educational science enrichment programs this summer. Mad Science is the world's leading provider of science based enrichment activities that spark imaginative learning in children 4 to 12.

RED HOT ROBOT (ages 8-12)

Delve into the fascinating world of robotics and machines in this weeklong program. Campers will construct their own robots while gaining a working knowledge of the science of circuits, wheels, gears and sensors. Students will build a wheeled robot, most likely one equipped with a 2-way sensor sensitive to both sound as well as solid objects in its path. They will also learn about simple machines and how they work, like robots are used to make life easier. Robot and manuals go home on the last day of camp.

Dates: July 10,11,12,13,14 Time: 9am-12noon

Fee: \$160.00 (maximum 10 participants)

Junior Scientist Fun Lab (ages 4 -6)

In this Fun Lab children get a chance to explore many aspects of the world such as energy and motion, magnets, water (sun, wind and rain), as well as delving into the lives of animals, bugs, bees, butterflies. They'll even have a day as "Mad Science Master Builders" building and designing awesome structures.

Dates: July 17,18,19,20,21

Time : 9am-12noon

Fee: \$130.00 (maximum 10 participants)

PRE-SCHOOL/ELEMENTARY SCHOOL MINI-PROGRAMS

ACTIVITY	DATES	TIME	AGES	FEE	LOCATION
Fantastic Five Summer Class Program	1: July 10,11,12,13,14 2: July 17,18,19,20,21	9:30—10:15am	2-4 years Class size limit 10 students	\$60.00 per session	Center School
Tiny Tot Tennis	1. June 21,23,28,30 2. July 12,14,19,21 3. July 26,28;Aug. 2,4	5:30-6:30pm	3-5 years	\$20.00	Brookside Park
Pee Wee Tennis	1. June 21,23,28,30 2. July 12,14,19,21 3. July 26,28;Aug. 2,4	6:15-7:00pm	5-7years	\$20.00	Brookside Park

TEEN FIELD TV PRODUCTION WORKSHOP

Ages 13—18



Workshop entails 3 sessions 2 1/2 hours each, where participants will learn how to make a TV show on location using cameras, tripods, and audio equipment. Once you learn to use the tools on field production, you are then eligible to borrow equipment for FREE from CVC (Community Voice Channel) You can video tape events in your town and come to CVC to learn how to edit your footage into a program that will be cablecast on one of CVC's 3 PEG Access channels, channel 5,19, or 17 shown on the Comcast cable basic tier.

PARENT & CHILD STUDIO PRODUCTION WORKSHOP

Ages 8-11 with Parent

Workshop entail 3 sessions, 2 1/2 hours each, where participants will learn how to make a TV show in the Community Channel Studio. Children and parents will learn how to run cameras, do graphics, audio and direct talk show programs. Once trained, you become an official CVC volunteer and can sign up for the use of the CVC studio to do programs of your own choosing or can call the Parks & Recreation department to coordinate.

Adults Age 18 and Older

A program following this outline will also be offered to adults Age 18 and older

The Ellington Recreation Department's intent is to be able to bring together adults who are interested in TV production with students to work together in creating community wide TV programming while enjoying the learning process. We are hopeful that these crews of adults and students will film events such as sport activities, town meetings, and special events.

To Register for any of the programs, please contact the Ellington Recreation Department at (860)870-3118 with interest and date and time availability. Classes are expected to be in July, August & September Sign up at the Recreation Department by June 2.

Training provided by the Community Voice Channel Location: CVC Studios, 105 Notch Road , Bolton, CT 06043

HELP A NEIGHBOR, A FRIEND, MAKE A NEW FRIEND!!

High School Students

Summer is a great time of year to work and play in the outdoor environment. High School students have the enviable option of "vacation" time, part-time jobs....and free time.....how about filling up some of that free time by volunteering to help a needy property owner? Help comes in the form of yard work, painting and light repair...many residents are not equipped to manage their properties and would genuinely would appreciate some assistance.

Two target dates are being reviewed for possible selection: July 15 or 22 probably from 9am-3pm. Tools and supplies will be provided...we just need some enthused teens!!!

Contact the Recreation Department at 870-3118 as soon as possible if you are interested in helping.

CRYSTAL LAKE SANDY BEACH



2006 Beach Hours Weather Permitting!

Pre-Season:

Weekends **ONLY** starting
June 17,18
12noon—5pm

Full Season:

Weekdays: 12noon—6:30pm
June 24—August 20, 2006

Weekends: 11am-6:30pm

Post- Season:

To be announced contingent
upon staff, budget and weather.

Fees:

Daily Admission

Residents:

\$2.00 Adult 18 & up

\$1.00 Child 6-17 yrs

Children under 5 are free

Show your ID at the Gate

Non- Residents:

\$5.00 Adult 18 & up

\$3.00 Child 6-17 yrs

Children under 5 are free

BEACH PASSES

Ellington Residents

\$40.00 per family

\$20.00 Individual

\$10.00 Senior Citizens

Show your Photo ID
at the Gate

Crystal Lake Sandy Beach 2006 Swim Lesson Information:

The Ellington Parks & Recreation Department will be offering Swimming Lessons at Crystal Lake Sandy Beach Facility for residents ages 3years-Adult. This year we will be offering the **NEW** American Red Cross Six Comprehensive Course Levels that will teach you and /or your child how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, Except for Level 1, which has **No** Prerequisite. Each Level of the **Learn-to-Swim** includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below:

SWIM LEVEL DESCRIPTIONS

Use this checklist to find the appropriate class level for your child. Listed are core passing skills for each American Red Cross Learn-to Swim Levels. Check off what skills your child **CAN** do in the water. If all skills are checked in one level your child is ready to move to the next level. This list serves as guide to help choose an appropriate level at registration time. This will help minimize the switching of participants and classes so please review all skills.

Level 1> Introduction to Water Skills

- ◇ Enter and exit water safely, open eyes underwater, pick up objects
- ◇ Swim on front & back using arm and leg actions, submerge mouth, nose and eyes.
- ◇ Float on front and back, Follow basic water safety rules
- ◇ Exhale underwater through mouth and nose
- ◇ Explore arm and hand movements, Use of Life Jacket

Level 2 > Fundamental Aquatic Skills

- ◇ Enter water by stepping or jumping from the side, exit water safely using ladder or side
- ◇ Open eyes underwater, pick up a submerged object, submerge entire head,
- ◇ Roll over from front to back, back to front, swim on side, float on front and back
- ◇ Tread water using arms and leg motions, move in the water while wearing a life jacket
- ◇ Perform front and back glide, Swim on front and back using combined strokes

Level 3 > Stroke Development

- ◇ Jump into deep water from the side (Raft/Pool), bob with the head fully submerged
- ◇ Perform survival float, butterfly-kick and body motion
- ◇ Use Check-Call-Care in an emergency
- ◇ Dive from kneeling or standing position , use rotary breathing in horizontal position
- ◇ Change from horizontal to vertical position on front and back
- ◇ Perform a reaching assist
- ◇ Perform the HELP and HUDDLE position with and without Life Jacket
- ◇ Submerge and retrieve object, perform front and back glide
- ◇ Perform front and back crawl

Level 4 > Stroke Improvement

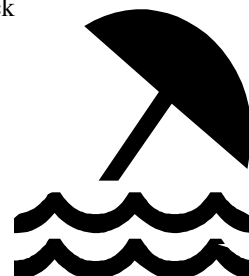
- ◇ Front and Back Crawl, Breast Stroke, Butterfly, Elementary Backstroke
- ◇ Swim on side using scissors -like kick
- ◇ Use safe diving rules, Perform a throwing assist
- ◇ Swim underwater, Tread water using sculling arm motions and kick
- ◇ Perform feet-first surface dive,
- ◇ Perform compact jump into water wearing a life jacket
- ◇ Care of conscious choking victim

Level 5 > Stroke Refinement

- ◇ Tread water with two different kicks
- ◇ Learn survival swimming, Perform rescue breathing
- ◇ Flip turns, Side stroke, Backstroke Flip turn
- ◇ Breaststroke, Elementary Backstroke, Front & Back Crawl
- ◇ Shallow dive, glide two body lengths and begin any front stroke
- ◇ Tuck surface dives

Level 6 > Swimming & Skill Proficiency

- ◇ Personal Water Safety
- ◇ Fitness Swimming
- ◇ Fundamentals of Diving
- ◇ Lifeguard Readiness



**Remember:
Pre-
Registration
is
Required!**

Swimming Lesson Schedule

Session One: Monday, June 26– July 7 (No Class on Tuesday, July 4)

Time	Aqua-tot Age 3	Kinder - swim Ages 4/5	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
9:00-9:40am						X	X	X
9:50-10:30am				X	X	X		
10:40-11:20am			X	X	X			
11:30-12noon	X	X	X					
3:30-4:10pm				X				
4:20-5:00pm					X			
5:10-5:50pm							X	

Session Two: July 10—July 21

Time	Aqua-tot Age 3	Kinder - swim Ages 4/5	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
9:00-9:40am						X	X	X
9:50-10:30am				X	X	X		
10:40-11:20am			X	X	X			
11:30-12 noon	X	X X						
3:30-4:10pm			X					
4:20-5:00pm				X				
5:10-5:50pm					X			

Session Three: July 24—August 4

Time	Aqua-tot Age 3	Kinder- swim Ages 4/5	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
9:00-9:40am					X		X	X
9:50-10:30am				X	X	X		
10:40-11:20am			X	X	X			
11:30-12 noon	X	X	X					
3:30-4:10pm			X					
4:20-5:00pm				X				
5:10-5:50pm						X		

Swim Class Registration

May 20, 2006

9:00 am-12noon

**Recreation Department
31 Arbor Way**

Lessons are filled on a first come, first serve basis with a maximum of 10 students per class.

Lesson Fees:

40 minute class \$30.00

30 minute class \$25.00

Levels 1-6 are not determined by age. Parents are required for children participating in the aqua-tot program.

Adults and/or special needs individuals that would like to take swim lessons are asked to call **Mary Bartley, Recreation Supervisor** at **870-3118, ext. # 14.**

Scholarship programs: If a need arises please make a confidential inquiry to the Recreation Director.

ADA: The Town of Ellington does not discriminate on the basis of race, color, national origin, sex, religion, age, or disability in provision of programs and services. If you or a family member need special assistance, please make us aware of your needs at time of registration.

Summer Events Exclusively for High School & Middle Students

PROGRAM	DATES	TIMES	GRADES	FEE	LOCATION
Ultimate Frisbee Tournament (Teams of 4)	Saturday, July 1	2-4pm	9-12 Co-ed	\$5.00	Brookside Park Prize to Winning Team!
Luau & Beach Volleyball Tournament (Music, dancing, refreshments, swimming)	Saturday, July 22	4-8pm	9-12	\$2.00	Crystal Lake Sandy Beach
Gender War Do Women have a greater intelligence than Men? Are men really strong? Girls get together and show those boys how much better you really are!	Thursday, July 20	7-9pm	9-12 Boys come on and show those girls who the boss really is!	\$1.00	Brookside Park Refreshments will be provided.
Illustration Patrick Scully Instructor (EHS Graduate)	Tuesday, August 1 Please register by July 25	12noon-2pm	9-12	\$5.00	Center School
Hair* (Make Over)	Monday, July 10	1-3pm	9-12	\$2.00	Center School
	*Students from the International School of Cosmetology in Wethersfield will provide the instruction				
	Monday, July 24	1-3pm	7 & 8	\$200	Center School
Boot Camp Fitness Rise & Shine Soldiers!	August 7—18 Mon.-Fri.	7am-8am	9-12	\$10.00	Brookside Park Catherine Manseau Instructor
Wiffle Ball Tournament (Teams of 5)	Saturday, July 8	3-5pm	7 & 8	\$3.00	Crystal Lake Sandy Beach
Beach Karaoke & Dance Party	Saturday, July 15	4-7pm	7 & 8	\$2.00	Crystal Lake Sandy Beach
Art Skills	Monday, July 31	12noon-2pm	7&8	\$5.00	Center School



Summer Concert June 24 from 3-5pm at Crystal Lake Sandy Beach

Come enjoy an End to Spring Beach Party/Concert At Crystal Lake
(Sandy Beach ~ Town Owned Beachfront)

Featured will be the musical skills of the acoustic rock band "*Off the Clock*", including Ellington's own **Rob Thomas**!!!
This event is for all ages, and Rob and his band will be performing "hits from the 70's, 80's and beyond..."

Youth Sports Offerings

SPORT	WEEKS	TIME	AGES	FEE	LOCATION
U-12 , U-16 Girls Travel League Softball U-14 Coach: Jim Close	Games Begin Week of 6/25 All registrants MUST attend an evaluation clinic in order to receive a rating. Evaluation clinic are scheduled for the week of June 12th, pending final registration.	Evening Dates to be determined	U-16 Players who are 16 yrs of age or younger as of January 1, 2006. U-14 Players who are 14 yrs of age or younger as of January 1, 2006. U-12 Players who are 12 years of age or younger as of January 1, 2006.	\$55.00	Travel & Brookside Park
Boys Informal Outdoor Basketball	Wednesdays, June 28 Thursdays, June 22 Thursday , June 22	7:30-9pm 7:30-9pm 6-7:30pm	9th—12th grade 7th & 8th grade 5th & 6th grade (grade as of 6/06)	\$ 5.00	Brookside Park
Coed Informal Outdoor Basketball	Tuesdays, June 27- August 15	6-7:15pm	3rd & 4th grade (grade as of 6/06)	\$5.00	Brookside Park
Girls Informal Outdoor Basketball	Tuesdays, June - August Wednesdays, June—Aug	7:15- 8:45pm 6-7:30pm	7th-8th grade 5th –6th grade	\$10.00	Brookside Park
Informal Soccer (outdoor, co-ed)	Tuesdays, June 20 Tuesdays, June 20	6-7:30pm 6-7:30pm	7 to 10 yrs 11 to 14 yrs	N/A	Brookside Park
Jukido Kokondo Karate*	June 22,29, July 6,13,20,27, Aug. 3,10,17	5-6pm 6-7pm	8 to 13 yrs 14yrs & Up	Weekly \$6.00	Center School
Girls High School Soccer Summer League	Mid June—Mid August Coaches: Valerie & Doreen Connor, Mark Boscarino	Weeknights TBD	Entering 9th—12th grade	REGISTER BY JUNE 1ST \$30.00	Travel
Boys High School Soccer Summer League	Days to be determined by interest level	TBD	Entering 9th—12th grade	\$20.00 REGISTER BY JUNE 1ST	Some Travel

* **Kokondo Karate:** this martial arts program teaches the up to date techniques relative to modern self-defense situations, including the following: armed attackers, women's self-defense, surprise attacks. Kokondo is an adult oriented co-ed class open to those 14 yrs and older. Classes will be taught by Sensei Paul Ward, who currently holds a 3rd degree Black Belt rank in Kokondo and 4th degree Black Belt in Jukido jujitsu. Paul is the International Kokondo Association's youth coordinator and a member of the prestigious yudanshaka (black belt club)



Ellington Roadrunners **Youth Football/Cheerleading:**



**Registration Dates: May 17 ~ 5:30-7:30pm, May 20~ 1-3pm
@ Brookside Park**

A non-returnable copy of the birth certificate is required at registration. If you are interested in volunteering or would like further information, contact Tom Neeson at 875-5346.

OFFICIALS' CAMPS:

The Recreation Department is organizing athletic officials' camps in soccer, softball, and basketball. Juniors (youths 14-18) and Adults are encouraged to register at the Rec Dept. Professional clinics and on-site scrimmages in order to educate new officials and prepare them for actual assignments. Contact Bob Tedford for more information: 870-3118

Adult Sports

CLASS	DATES	TIME	AGES	FEE	LOCATION
Co-ed Outdoor Volleyball	Wednesday Evenings Starting June 7	7-9:30pm	16 & up	N/A	Brookside Park
Women's Outdoor Volleyball	Tuesday Evenings Starting June 20	6:30-8:00pm	16 & up	N/A	Brookside Park
Men's Outdoor Volleyball	Thursday Evenings Starting June 22	6:30-8:00pm	16 & up	N/A	Brookside Park
Adult Outdoor Basketball	Monday Evenings	5:30-8:00pm	18 & up	N/A	Brookside Park
Adult Competitive Basketball	Wednesdays TBD JUNE/JULY	7:15-9:30pm	18 & up	TBD	Brookside Park
Co-ed Softball	Weeknights TBD	6:00pm	18 & up	N/A	Brookside Park/EHS
Ladies Golf Clinic	Thursday Evening June 1,8,15,22,29	10:30am 5:30pm	18 & up	\$75.00	Ellington Golf Center
C0-ED GOLF CLINICS (Reservations required)	Saturdays June 3,10,17,24; July 8	12:30pm	18 & up	\$75.00	Ellington Golf Center
Tennis Clinic/Lessons	1) June 20,22,27,29 2) July 11,13,18,20 3) July 25,27; Aug.1,3	6:30-7:30pm (Adult Beginner) 7:30-8:30pm (Adult Intermediate)	13 & up	\$25.00	Brookside Park
Informal Soccer	Sunday A.M. /Wed. P.M. ONGOING	9-11am (Sunday) 6pm-Dark (Wednesday)	18 & up	N/A	Brookside and/or EHS
MLS Coaches Clinic	June 20	6-7:30pm	Youth & Adult	N/A	Brookside Park

Adult Informal and Competitive Basketball: Using the outdoor court at Brookside, an adult informal program is available Monday evenings and a 'competitive' league format is being considered for Wednesday evenings.

Beginner/Intermediate Tennis: A lifetime leisure activity, tennis can be fun, rewarding, and a great 'outlet' for that needed exercise!! Two sessions are available starting in June in addition to a tennis ladder (organized levels of play) and a season-ending tournament. Bring your own racquet.

Informal Soccer: Co-ed. Teams are selected for informal games on a weekly basis.

Major League Soccer Clinic: Coaches from the MLS Camp provide a hands-on clinic for anyone interested in enhancing their knowledge of the game, youth and adults are encouraged to attend if interested in becoming a coach. An emphasis will be placed on preparing a practice plan and keeping every player active during a practice session.

Multi-Sports Camp: Designed as a 'summer get-together' for various age groups; an intramural format will be used, introducing floor hockey, indoor soccer, basketball, wiffle ball, and bowling. Refreshments, t-shirts and awards for all!! Don't miss out!

Coed Youth Volleyball: Program will focus on proper stretching and conditioning; fundamentals of passing, setting, spiking and serving; lead-up activities and fun games; positioning and strategy; game play and adapted instruction for all abilities. Director: Mike Stiles, EHS Varsity Volleyball Coach.

Lacrosse Mini Camp: camp will be offered by the Recreation Department in conjunction with the Varsity girls and boys coaching staff Jeri St. John and Dave Giordano from Ellington High School. Boys and Girls ages 6 through 12 are invited to participate in this three day clinic. The basic components of lacrosse will be covered: stick-handling, catching, cradling, passing, wall-work and ground balls.

Additional Special Activities

ACTIVITY	DATES	TIME	LOCATION	FEE
Tap Dance	Thursday Evenings	6- 6:45pm (kids)	Center School	\$30
	June 22,29,July 13,20,27	6:45-7:45pm (Adults)	Center School	\$35
Youth Tennis Lessons (Ages 8-12)	1) June 20,22,27,29 2) July 11,13,18,20 3) July 25,27;Aug. 1,3	5:30-6:30pm	Brookside Park	\$25.00
Women's Self Defense	June 22; July 13	6-7pm	Center School	No Fee.
Yoga	Thursday Evenings Year Round	6:30-8pm	Hall Memorial Library	\$6 per week Register at Rec Dept or with Instructor
Beach Body Blast (Pilates/Strength)	June 27; July 5,11,18,25; Aug. 1,8	6:30-7:30pm	Sandy Beach	\$45.00
Adult Arts & Crafts Workshops	July 12,19,26,August 2	6-7:30pm	Arbor Commons	\$7 / week (includes materials)
CPR/First Aid Class Rec. Coaches	1) July 24 & 26 2) August 14 & 16	5:30-9pm	Arbor Commons Rec Office	\$6.00
NYSCA Certification Class Rec. Coaches	1) July 31 2) August 15	5:30-7pm	Arbor Commons Rec Office	No Fee
Actors' Workshop	1) June 30 (Ages 12 to 15) 2) July 12 (Ages 7 through 11) 3) Aug. 2 (Ages 7 through 11)	9:30am- 1:30pm	Center School	\$20.00 (need a minimum of 8 to run classes)

Youth Tap: A beginner youth Tap class will teach basics of TAP dance and movement, no prior experience is needed. Participants will learn the basic steps like the Irish, Buffalo, Step Ball Change, Pivot Turn, which will develop a basic knowledge of tap dancing.

Women's Self Defense: Designed as a two-session seminar, females ages 12 and over are encouraged to register. Instructor Todd Sise will demonstrate and explain the basic strategies behind staying safe, and what to do in case you find yourself in a 'difficult situation'. Pre-registration is a must.

Yoga: Come see why over six million Americans practice Yoga regularly. Strengthen and tone muscles, increase flexibility, release stress and learn to relax. Classes led by Kripalu certified instructor, Wayne Morganson. Please bring a mat, towel or small blanket and wear loose fitting clothing.

Beach Body Blast (Pilates/Strength): Instructor Joanne Britton will be combining Pilates/Strength/Cardio with multiple muscle group toning. Nearly a solid hour of continuous movement, this program is sure to build strength and improve endurance-with zero opportunity to get bored. All fitness levels welcome. Wear supportive sneakers and clothing, bring water bottle & towel.

Adult Arts & Crafts Workshop: A fun opportunity to get together with people who share your love of arts and crafts. Each week you will explore different ways to create inexpensive decorations, gifts, holiday items, and more.

CPR/First Aid: Offered by the Recreation Department staff for Ellington Coaches and Volunteers ONLY, an opportunity to improve your knowledge and confidence.

NYSCA: For Ellington Coaches Only. A recreation supported program, National Youth Sports Coaching Assoc., provides a coaching certification outline, defining the legal, moral and technical aspects of coaching youth.

Golf Lessons/Swim Lessons/Tennis Instruction for Physically Challenged: The Rec Dept in conjunction with the Ellington. Lessons would be provided to both adults and youth. Contact Recreation Director Bob Tedford at the Rec Dept 870-3118.

2006 FALL SOCCER EARLY REGISTRATION & EVALUATION CLINICS

Registration begins May 22nd. Travel team evaluation clinics will be held in the following male and female age groups: U-10; U-12; U-14. Date and locations of evaluation clinics below:



AGE GROUP	DATES	LOCATION	TIME FRAME
U-12 Boys	June 15,16,21; July 14 ,21	Brookside Park	6:15-7:45pm
U-14 Boys	June 13,14,20; July 18	Brookside Park	6:00-7:15pm
U-12 Girls	June 20,22,28; August 15,17	Brookside Park	6:00-7:15pm
U-14 Girls	June 19; Aug. 17,29,31	Brookside Park	6:00-7:30pm
U-10 Boys	June 20,22,28; August 22,24	Brookside Park	6:00-7:15pm
U-10 Girls	June 20,22,28; August 22,24	Brookside Park	6:00-7:15pm



Travel Team Guidelines: Fee: \$60.00

- A player's age group is determined as of Aug. 1 preceding the beginning of the seasonal year of Sept. 1.
- To be considered for selection to a travel team, player must attend a minimum of 2 evaluation clinics
- Travel team rosters may be comprised of 15 players (12 in U-10), maximum of 16.
- Players selected to a travel team are not required to participate in the recreation division.
- A first-year travel team player must provide a copy of their birth certificate and a 1x2 photo (for player pass purposes)
- A player may attempt to qualify for an older age group but must attend the age appropriate clinics to be considered for selection.

Travel Team Age Groups for Seasonal Year Sept 1, 2006 to Aug 31, 2007

U-14 Born August 1, 1992 and younger

U-10 Born August 1, 1996 and younger

U-13 Born August 1, 1993 and younger

U-9 Born August 1, 1997 and younger

U-12 Born August 1, 1994 and younger

U-8 Born August 1, 1998 and younger

U-11 Born August 1, 1995 and younger

RECREATION DIVISION SOCCER

The Recreation Division is designed for boys and girls ages 4 (as of Dec. 31, 2006) through 8th grade.

Fees: In-House: \$24.00 for first child; \$48.00 second child; \$63.00 maximum. Instructional: \$22.00.

The in-house teams are reselected on an annual/seasonal basis. The Department cannot guarantee requests for team assignment for other than mitigating reasons, as submitted in writing to the Recreation Director no later than Aug. 28.

Evaluation clinic date is September 5, with times below:

GRADE LEVELS	DATES/TIMES	LOCATION
4 yrs old — 2nd grade <u>NO CLINIC</u> <u>Parent Volunteer Coaches needed for 2006 season</u>	Tentative Start Date: Sept. 9 9-10am 2nd grade 10-11am 1st grade 11-12pm 4yrs—K	Brookside Park
3 rd and 4 th grade boys and girls	September 5 ~ 5:00-6:15pm	Brookside Park
5 th and 6 th grade boys and girls	September 5 ~ 6:30-7:45pm	Brookside Park
7 th and 8 th grade boys and girls	September 5 ~ 6:30-7:45pm	Brookside Park

BEGINNERS COACHING (SOCCER) CLINIC'S



Individuals seeking to enter the coaching ranks or just wishing to increase their knowledge of the game of soccer will now have that opportunity as the Recreation Department will offer a series of coaching clinics designed to assist the novice or intermediate with improving his/her grasp of the game of soccer. Three (3) clinics will be provided and the following curriculum will be covered.

- **Session 1:** Individual ball skills emphasizing ball control, dribbling, juggling and trapping.
- **Session 2:** Advanced skills emphasizing passing, shooting and one-on-one defending.
- **Session 3:** Practice drills to emphasize individual and team skills, games and drills to develop all aspects of play.

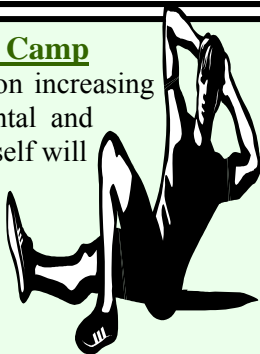
Coordinating the clinic will be Mike Pantuosco, a member of the Ellington Parks and Recreation Commission. Mike played competitive soccer at Babson College and has coached Travel Team Soccer and currently serves as the boys' Junior Varsity Coach at Ellington High School.

Program dates to be announced.

There is No Fee for the clinics.

Pantuosco Peak Performance Camp

is new and unique, with an emphasis on increasing each and every athletes physical, mental and spiritual performances. The program itself will consist of hundreds of performance enhancing exercises in a competitive, co-ed atmosphere. Objectives such as speed, agility, strength and confidence serve a primary focus.



Ages: Grades 7-12 (co-ed)
Camp Dates: June 12, 14, 16, 19, 21, 23
Location: Brookside Park
Time: 5:45-7:45pm
Fee: \$125.00

John Pantuosco will serve as the Camp Director along with Geoff Elia. Mr. Pantuosco currently teaches at Longmeadow High School and is the varsity head coach at Somers High School for Soccer and Track and Field. Mr. Elia is the CEO of Pioneer Spine and Sports Physicians. Contact Recreation Dept. for sport registration form.

Leader In Training Program

A four-session program for adolescents ages 13-16, where they will learn basic leadership skills and then get a chance to volunteer for several weeks at the Town Summer Day Camp!

The LIT Program is a hands –on training program with a goal to develop New Camp counselors. As an LIT you will be working side-by-side with the camp directors And counselors that will help you build your confidence and Leadership skills. The program will also offer problem solving skills and basic non-certified Red Cross Training. Potential participants between the age of 13 and 16 who have completed the 8th grade may register at the Recreation Department.

Sessions are as follows:

1st session ~ June 13 & 15 from 6-8pm
 2nd session ~ June 20 & 22 from 6-8pm

At the Ellington Recreation Department

REGISTER A.S.A.P. We will only accept the first 20 applicants, with their payment, only 10 per session so hurry, space is limited!

FIRST COME ~ FIRST SERVE
 Cost: \$30.00

Note: Participation does not guarantee placement at the Summer Day Camp. Placement will be determined by LIT Instructors through evaluations. Please wait to be contacted by the Recreation Department regarding your placement.

Junior Designer Fashion and Illustration:



Ages 8-11: June 26; July 10
Ages 12-15: July 14

Center School
9:30am-1:30pm

Fee: \$20.00(includes some materials)
 Minimum needed to run class :8

This program is patterned around the concept of learning how to be more fashion conscious and may be even becoming a fashion designer! Through a variety of stimulating and entertaining craft projects, involving drawing, collage & decoupage and a little bit of sewing, participants will get a chance to “design” their own clothing line and learn some of the basics of fashion, design and illustration.